



## KINDLAND SCHOOL LESSONS: OVERVIEW OF LESSONS

Grades K-2, 3-5, 6-8, 9-12

Dear Kindland Educator,

We are delighted to bring you this opportunity for kindness conversation and activities in your school as part of the Kindland movement. Below is an overview of all the Kindland Lessons.

### IMPORTANT NOTES:

- Each lesson gives a suggested grade level range; however, educators are encouraged to adapt any lesson for their desired grade level.
- **The first lesson is “Be Kind Stick Together.”** It is designed to be used to start the conversation and get your students excited about kindness; it is approximately 45 minutes in length. This lesson is NOT included in the attached files because you will need to register to receive this lesson separately at [www.viafdn.org/stick-together](http://www.viafdn.org/stick-together) as you need to receive additional materials. Read more below.
- All of the below lessons are enclosed in the provided zip file and dropbox link. Note that some of the lessons have more than one corresponding file – be sure to reference the lesson # to open all of the files associated with that lesson. For example, Lesson 9 has four pieces – the lesson, a teacher’s guide, worksheet 1, and worksheet 2. All files are listed separately.

You can choose from the following lessons. Do one or do them all!

### 1) Be Kind STICK TOGETHER (Grades K – 12)

**Sign up for Lesson #1** at <https://www.viafdn.org/stick-together>. Check with your building principal to see how the school will implement this first lesson.

**OBJECTIVE:** To provide a fun and different way to explore the important social-emotional learning concepts of kindness and sticking together to combat bullying and negative behaviors. Using a combination of tools, the program mixes large group discussion, video elements, hands-on activities, and a writing exercise to keep participants interested and engaged. The lesson culminates with participants pledging to “stick together” as they write their individual names on pieces of Duck Tape® and post them together on a provided banner.

**Have older students? Consider having a select group of older students present the program to your younger students! It works well, and the kids love hearing from and seeing their peers.**

## **2) Kindness in the Storm (Grades 6 – 12)**

### **STUDENTS WILL:**

- Look at current events through the lens of kindness and consider how they and others can change their behavior and responses
- Explore how the world looks from different perspectives
- Relate personal real-life acts of kindness
- Brainstorm kind responses to several different scenarios
- Perform three (3) kind acts in their family, school, or community
- Encourage others to engage in kind acts by posting acts of kindness that they performed or observed
- Understand that their individual actions affect the larger world

## **3) Kindness or Meanness Smoothie (Grades 6 – 12)**

**OBJECTIVE:** To demonstrate how different emotions and values can combine to create either a positive or negative reaction or outcome in life

## **4) Planting Seeds of Kindness (Grades K – 6)**

**OBJECTIVE:** Students will understand how to create and “grow” a culture of kindness.

## **5) Wouldn't It Be Nice (Grades K – 5)**

**OBJECTIVE:** Students will read or listen to the provided “Wouldn't It Be Nice” poem and be challenged to write their own poem/song/rap/essay that reflects what kindness means to them using the prompt, “**Wouldn't It be Nice if...**” Their piece should focus on what their world would be like if their hopes and visions of kindness came true.

## **6) Acts of Kindness (Grades K-12)**

### **OBJECTIVES:**

- Students will become aware of how small acts of kindness can make a difference.
- Students will create a habit of performing daily acts of kindness and posting them for others to see.

- Students will notice the acts of kindness that others perform and be inspired to perform more acts of kindness themselves.
- Students will be motivated to make performing acts of kindness a daily habit.

## **7) What Do I stand for? (Grades 3 – 12)**

**OBJECTIVE:** Students will be able to identify their core values and to determine the values needed to create a school of character and values.

## **8) Choices (Grades 6 - 12)**

**OBJECTIVE:** Students will become aware of how they make choices. They will see how powerful their mind is in leading them to a certain belief which will then determine their actions. Students will be encouraged to use a new model of thinking to look at how they react to a situation and decide if they can see it differently.

## **9) Standing Up or Standing By? (Grades 3 - 8)**

**OBJECTIVES:**

- Students will become aware of the four groups: perpetrator, victim, bystander and rescuer (also called an upstander) and determine where they fit in.
- Students will decide to make a choice to act in a manner that helps to create the world they want to live in.

For questions regarding these lessons, please contact Ben at [benk@viafdn.org](mailto:benk@viafdn.org) or 440-879-8095.